



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

4/26/18

Older Americans Month Senior Resource Fair

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotional well-being.

The Department of Health and Senior Services (DHSS) will use OAM 2018 to focus on how older adults in our area are engaging with friends and family, and through various community activities. On May 10th, DHSS is hosting its [First Annual Senior Resource Fair](#) at the Missouri State Capitol, in the 3rd floor Rotunda area from 9:00 a.m. - 1:00 p.m. For more information you may visit their website at: <http://health.mo.gov/>.

www.dmh.mo.gov/dd
573-751-4054

MISSOURI DEPARTMENT OF MENTAL HEALTH